

NEWS

TOWNSHIP OF WOODBRIDGE



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Woodbridge Named New Jersey “Healthy Town” For Second Year in a Row



WOODBIDGE TOWNSHIP – Mayor John E. McCormac and the Mayor's Wellness Committee announced that the New Jersey Health Care Quality Institute has designated Woodbridge Township as a “New Jersey Healthy Town” for the second year in a row. Woodbridge received the designation for its strong and active participation in the Mayors Wellness Campaign.

"We are honored to once again be designated a New Jersey Healthy Town by the Quality Institute and the New Jersey League of Municipalities," said Mayor John E. McCormac. "Under the leadership and direction of Councilman Gregg Ficarra, Chairman of the Mayor's Wellness Committee, we were able to navigate the challenges presented by the COVID-19 pandemic and initiate new and innovative physical fitness and mental health wellness programming. It goes without saying that the pandemic highlighted the importance of accessible recreation for physical wellness along with outlets and resources for mental health. We are committed to ensuring that all 100,000+ Woodbridge Township residents continue to have access to wellness programs and activities."

Woodbridge is one of the oldest and most active partners of the Mayor's Wellness Committee since it was one of four municipalities to receive designation of a “Healthy Town” in 2008. The Woodbridge Mayor's Wellness Committee is comprised of local stakeholders from a variety of professions all passionate about health and wellness. The 2021 “Healthy Town” designation derives from the Free Bikeshare program, the Township's newest recreational wellness initiative.

In addition to the Bikeshare program the Mayor's Wellness Committee runs a multitude of other events and programs including:

- “214” Have-A-Heart Challenge and Food Drive to Combat Food Insecurity
- Crossroads of New Jersey 5K, The Four Mile Pizza Run, & Bike Tour de Woodbridge
- Extensive Public Health Outreach and COVID-19 Vaccination Clinics
- Mental Health Surveys and Programs

“A big thanks to the New Jersey Health Care Quality Institute and the Mayor’s Wellness Campaign for designating Woodbridge Township as a 2021 NJ Healthy Town,” said Councilman Ficarra. “Under the leadership of Mayor McCormac and his administrative team and in conjunction with our community partners, Woodbridge Township was able to continue to offer a number of healthy events and programs throughout the year. Mayor Mac recognizes that health and wellness are key ingredients to a strong community.”

The Mayors Wellness Campaign is an initiative of the New Jersey Health Care Quality Institute (www.njhcqi.org) in partnership with the New Jersey State League of Municipalities (www.njslom.org). The MWC supports Mayors as champions of community health. By encouraging Mayors and their wellness teams to play a leadership role in supporting local opportunities for active, healthy lifestyles, the intent of the MWC is to improve health and make New Jersey a national leader in community-based health interventions.

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